



# FITNESS

## CLASS SCHEDULE AS OF 1/1/16



| MONDAY                                     | TUESDAY                                  | WEDNESDAY                                  | THURSDAY                                    | FRIDAY                                      | SATURDAY                              |
|--|--|--|---|---|---------------------------------------|
| 8:00 - 9:00am<br>( A ) Pilates             | 9:00 - 10:00am<br>( B ) Advanced Pilates | 8:00 - 9:00am<br>( A ) Pilates             | 9:00 - 10:00am<br>( B ) Advanced Pilates    | 8:00 - 9:00am<br>( A ) Pilates              | 8:15 - 9:15am<br>(A) Charlie's Angels |
| 8:10 - 9:10am<br>( B ) Total Body          | 10:15 - 11:15am<br>( B ) Hi-Lo Cardio    | 8:10 - 9:10am<br>( B ) Total Body          | 10:15 - 11:15am<br>( B ) Hi-Lo Cardio       | 8:10 - 9:10am<br>( B ) Total Body           |                                       |
| 9:30 - 10:30am<br>( B ) REFIT Cardio Dance | 12:00 - 1:00pm<br>( S ) Cycling          | 9:30 - 10:30am<br>( B ) REFIT Cardio Dance | 12:00 - 1:00pm<br>( S ) Cycling             | 9:30 - 10:30amm<br>( B ) REFIT Cardio Dance |                                       |
| 10:45 - 11:45am<br>( B ) Yoga              | 12:00 - 1:00pm<br>( B ) Heated Yoga      | 10:45 - 11:45am<br>( B ) Yoga              | 12:00 - 1:00pm<br>( B ) Heated Vinyasa Flow | 10:45 - 11:45am<br>( B ) Yoga               |                                       |
| 5:30 - 6:30pm<br>( B ) Cardio Step         | 6:00 - 7:00pm<br>( S ) Cycling           | 5:30 - 6:30pm<br>( B ) Cardio Step         | 6:00 - 7:00pm<br>( S ) Cycling              |   |                                       |
| 6:00 - 7:00pm<br>( S ) Cycling             | 6:00 - 7:00pm<br>(B) Cardio Kickboxing   | 6:00 - 7:00pm<br>( S ) Cycling             | 6:00 - 7:00pm<br>(A) Charlie's Angels       |   |                                       |
| 6:30 - 7:30pm<br>( B ) Zumba               | 6:00 - 7:00pm<br>(A) Charlie's Angels    | 6:30 - 7:30pm<br>( B ) Zumba               | 7:00 - 8:00pm<br>( B ) Vinyasa Flow         |   |                                       |
|  | 7:00 - 8:00pm<br>( B ) Vinyasa Flow      |  |   |   |                                       |

### Specialty Classes

Charlie's Angels, Cycling, Heated Yoga,  
Heated Vinyasa Flow, REFIT, Total Body & Zumba  
**\$30/15 classes for Members**  
**\$45/15 classes for Non-Members**

**A = Aerobics Room A**  
**B = Studio B & C**  
**S = Studio A**

# Class Descriptions

## Advanced Pilates

All good things need forward progress to keep us engaged. Our Advanced Pilates class is designed for people who want to build their repertoire in Pilates exercises and techniques.

*Tuesday & Thursday 9am*

## Cardio Step

Take a Step Up to a healthier lifestyle. Whether you're just getting started, or are looking for an advanced challenge, this class will help burn calories, reduce stress, increase your energy and fitness level, and much, much more. This great cardio workout will allow beginners and advanced step-pers to workout at their own level of intensity, so it's perfect for everyone!

*Wednesday 5:30pm*

## Hatha Yoga

Tone your body, organize your mind, and crush the stress in your life.

*Monday, Wednesday & Friday 10:45am*

## Hi-Lo Cardio

Personalize the style of your workout by making choices along the way of what feels best during the activity. Participants choose between Hi or Lo during the movements of their body and fitness levels dictate. The end result is a challenging workout for everyone!

*Tuesday & Thursday 10:15am*

## Pilates

The central aim of Pilates is to create a fusion of mind and body, so that without even engaging the mind, the body will move with grace and balance. Bring those skills to your daily life and you will enjoy unprecedented benefits that will surely improve your total wellness.

*Monday, Wednesday & Friday 8am*

## Step & Tone

This class consists of aerobic step training with intervals of resistance training. It will work all major muscle groups and is specifically designed to improve strength, endurance, and cardiovascular conditioning. Great for beginning, intermediate, and advanced fitness levels.

*Monday 5:30pm*

## Vinyasa Flow

Link movement and breath in this relaxing yet challenging yoga class suitable for all levels.

*Tuesday & Thursday 7pm*

## Kids Club

Enjoy our exciting and active Kid's Club! It's full of interactive games and state of the art indoor rock climbing wall. Your child is sure to have fun while staying active!

*Monday-Friday 9-11am & 5-8pm*

*Saturday 9-11am*

*Sunday 1-3pm*

## Cardio Kickboxing \*

Cardio Kickboxing is the ultimate cardiovascular challenge that blends intense intervals with strength and endurance training. Kick, punch, block and move in a fun, action-packed workout! Men and women are all welcome. *Tuesday 6pm*

## Charlie's Angels \*

Charlie's Angels is an exercise class that focuses on the problem areas for women such as the triceps, biceps, inner thighs, lower back, glutes, and abs. Burn calories and tone muscles through a variety of moves such as jumping jacks, body weight exercises, and other circuit training methods. *Tuesday & Thursday 6pm & Saturday 8:15am*

## Heated Yoga \*

Heated yoga is a great opportunity to detoxify the body and build power and endurance. With a balance mixed of twists, vigorous flows and extended holds, you will build an inner fire to sweat out toxins, explore poses more deeply, and increase both flexibility and strength. *Tuesday 12pm*

## Heated Vinyasa Flow \*

This class is a high-energy, strength-building, heated vinyasa-style flow set to popular music (spoiler alert - no nature sounds here!) that will get your heart rate up, challenge your endurance and increase flexibility. All levels are welcome as modifications are always offered.

*Thursday 12pm*

## REFIT Cardio Dance \*

REFIT is a cardio-dance fitness program designed to engage the body and soul. In this hour-long fitness class, participants will find easy-to-learn movements designed for beginners and fitness-enthusiasts, exhilarating music, and a family-friendly environment. *Monday, Wednesday & Friday 9:30am*

## Summit Cycling \*

Ride with an amped-up group of fellow classmates and a team of Mad-Dogg certified instructors to push you to your cycling limits! Burn calories and improve your cardio-vascular stamina while toning the full body. Reserve your seat today and experience what claims to be the best spin class in Central Texas.

*Monday & Wednesday 6pm*

*Tuesday & Thursday 12pm & 6pm*

## Total Body \*

Tap into your inner strength while enjoying the hottest ticket in women's fitness with Sara's Total Body Workout. This full-hour, total body workout features interval training in both strength and cardio while using kettle bells, step platforms, body bars, resistance bands, dumbbells, and 100% pure motivation. *Monday, Wednesday, & Friday 8:10am*

## Zumba

The Zumba party continues to delight participants at the Summit. Every class features a great workout and the opportunity to achieve higher levels of fitness while having a great time!

*Monday & Wednesday 6:30pm*

\*\*\*\* Class participants must provide their own fitness mats \*\*\*\*